

*****From *RunningtotheKitchen.com******

Smashed White Bean and Kale Quesadillas With Creamy BBQ Dip

These smashed white bean and kale quesadillas served with a creamy BBQ dip are the perfect meatless meal for a light dinner.

Ingredients

- 1 tablespoon extra virgin olive oil
- 1 shallot, minced
- 1 15 ounce can cannellini beans, drained and rinsed
- salt & pepper
- 4-5 leaves tuscan kale, stems removed and cut into thin strips
- 2 cups grated sharp white cheddar cheese
- 2 whole wheat 10 inch tortillas
- 1/4 cup plain yogurt
- 2 tablespoons BBQ sauce

Directions

1. Heat the olive oil in a large skillet over medium heat.
2. Once hot, add the shallots, beans, salt & pepper and cook for about 5 minutes until the shallots are softened, stirring occasionally. Transfer mixture to a small bowl, mash with a fork or potato masher and set aside.
3. Place the tortillas in a microwave with a damp towel on top and microwave for about 20 seconds to soften.
4. Place one tortillas in the skillet, sprinkle the entire tortilla with cheese then spread the bean mixture on only one half of the tortilla. Top with half the kale, then sprinkle a bit more cheese on top of the kale. Fold the tortilla in half, press down and cook for about 1-2 minutes per side until golden brown.
5. Transfer the tortilla to a cutting board and cut into four pieces.
6. Repeat with the other tortilla and remaining ingredients.
7. To make the dip, combine the yogurt and BBQ sauce in a bowl and stir together.
8. Serve warm with the dip.



Sisters Hill Farm

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Thanks to everyone who helped out with the garlic harvest! What fun we had!

From Our Director Emerita

It was so nice to see so many of you on Saturday. It was a great picnic. Thanks to all. I may have handed in my resignation as Director of Sisters Hill Farm for the past eighteen years, but the farm will always be part of my life. For those who have asked. I am not "retiring" just moving on to new ideas and new opportunities. I plan to be at some of the distributions so I will see you again and have an opportunity to meet new members. I am very proud of what Sisters Hill Farm has become – an outstanding CSA farm, a recognized place for the training of beginning farmers, and a community of wonderful people. We could not have accomplished this without the talents and dedication of Farmer Dave who has been with the farm from the beginning. I am most grateful. Enjoy the serenity and peace of Sisters Hill Farm as you come to pick up your share of vegetables and meet your friends. It has been a privilege for me to have been part of this work. Thank you to the Sisters of Charity for continuing to sponsor Sisters Hill Farm and for making all of this possible. It's more than vegetables.

God Bless. Sr. Mary Ann

The Apprentice Perspective

Before I began farming three years ago, my only experience with growing plants was gardening. What really solidified my love for gardening and eventually led me into farming was the miracle of watching the perennial plants in my garden returning to life one spring despite a harsh winter. Plants like my black-eyed susans and ornamental sage pushed up through the ground, healthy and green, and tiny leaves began to appear on the branches of my roses. Experiencing this rebirth particularly impacted me that spring because I was going through a very challenging time in my life, and I could not see how

the vibrancy of life would ever return for me. However, the natural arrival of spring and my garden's response reminded me that life always comes back, presenting a powerful metaphor that gave me the hope I needed to press on. Countless metaphors like this one exist in the act of growing plants, and that truth is one of my favorite parts of the work I do.

I experience these metaphors for life just as often in farming as I did in gardening, as long as I take the time to pay attention. I found myself reflecting on this recently while working in the flower patch here at Sisters Hill Farm. I was "pinching back" many of the young flower plants, a skill I learned while growing flowers on an organic farm in California. Pinching back literally means taking a flower plant's center stem (which would produce the first flower bud) between your index finger and thumb and snapping off a good portion of it just above where two leaves intersect. Doing this allows the plant to devote energy in an outward direction rather than straight upward, growing multiple new stems around the area where the original stem was removed. Pinching back is essential for growing cut flowers because it causes the plant to branch out, creating far more stems and thereby a greater number of blooms later in its life. By pinching back plants fairly low to the ground where the plant is its sturdiest, it creates a stronger base from which these new branches will grow.

Cutting back a plant to encourage its growth could seem counterintuitive to the inexperienced eye. But when done with skill, it unfailingly produces a stronger, healthier and more abundant plant. As I worked my way through the flowers that day, I once again began meditating on a metaphor in the midst of farming. I thought, "Isn't the idea of pinching back true for humans as well?" Sometimes we need to prune away parts of our lives that no longer serve us in order to grow. Those parts that need to be pinched back may be bad habits or unhealthy relationships or anything that hinders us from becoming our best selves. So often we cannot grow and realize our own strength until we cut away the things in our lives that drain the energy we need to make such growth happen. With each flower that I pinched back, I found myself considering what parts of my life I might need to alter in order to grow, knowing that ultimately I will only become stronger and sturdier through this "pinching back" in my own life. Plants truly have so much to teach us about ourselves.

We are really hoping to get flowers from time to time to those of you who pick up your shares in the Bronx. Please know that it takes a lot of extra work to harvest flowers, and our priority is to get vegetables harvested and packed for you first. But if we are able to include flowers in your share (or really any time you see a flower!), I hope that you will pause and consider the wisdom those flowers bring with them. Then take that beauty home to remind you of how much potential we each have to grow.

~ *Betsy*

*****From *Elizabethminchilliinrome.com******

Turnips + Greens

Ingredients

- 2 bunches of baby turnips (about 10 total) with greens still attached
- 3 cloves garlic, chopped
- 1/2 tsp red pepper flakes (or to taste)
- 2 tablespoons olive oil
- 6 anchovy filets
- 1/2 tsp salt

Directions

1. Separate the turnips from the turnip tops.
2. Trim off the little root end of the turnip, and clean them well. Cut into quarters.
3. Rinse off the turnip tops and roughly chop.
4. Heat the olive oil in a frying pan big enough to hold everything.
5. Add the pepper flakes, and stir. Add the turnips, stir and cook for about 6 minutes. When they start to brown, add the garlic and anchovies. Stir, breaking up the anchovies, but make sure the garlic doesn't brown.
6. Add the greens. Don't worry if they seem to overwhelm the pan, they will cook down fast. Add 1/4 cup of water, the salt, and put a lid on the pan and let the greens wilt for about five minutes.
7. Lift lid and stir well. Taste for salt.
8. Since these are baby turnips, the greens should be done at this point, but taste do make sure. You don't want to over cook, or else the turnips will get mushy.
9. Serve hot, or at room temperature, with an extra drizzle of olive oil.

*****From *AllRecipes.com******

Chili-Roasted Kale

Ingredients

- 4 cups kale, washed and stems removed
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon chili powder
- 1/2 teaspoon kosher salt

Directions

1. Preheat an oven to 400 degrees F (200 degrees C).
2. Place the kale into a large mixing bowl, and drizzle with the olive oil. Toss until evenly coated, then sprinkle with the chili powder and kosher salt, and toss again. Spread the seasoned kale onto a baking sheet.
3. Roast in the preheated oven for 5 minutes, then stir the kale, and continue roasting until the edges become brown and a little crispy, 5 to 8 minutes. Serve immediately